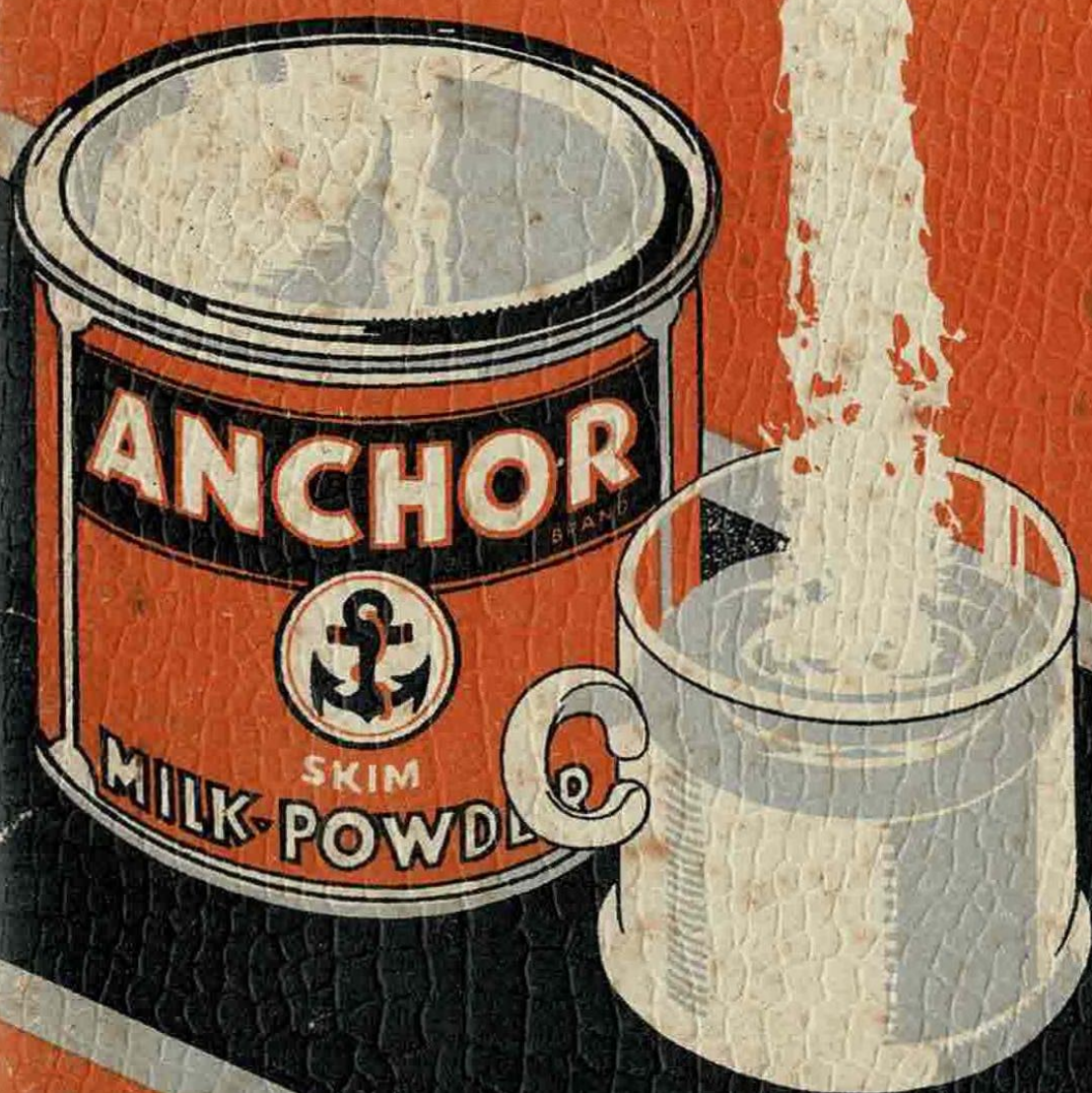
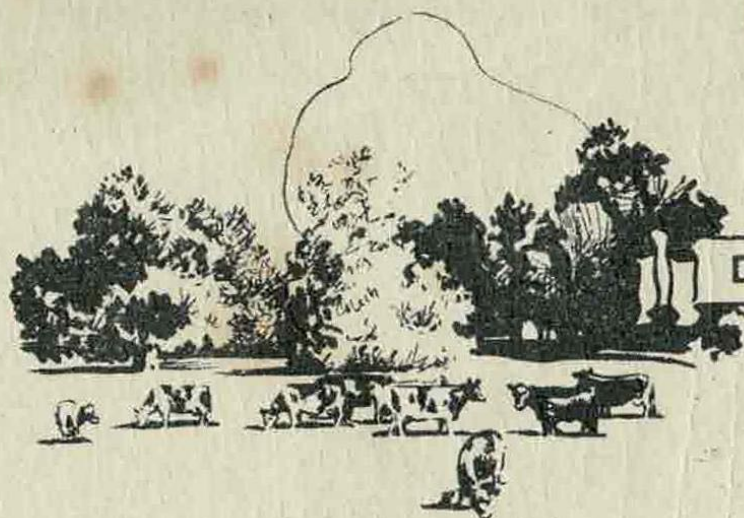


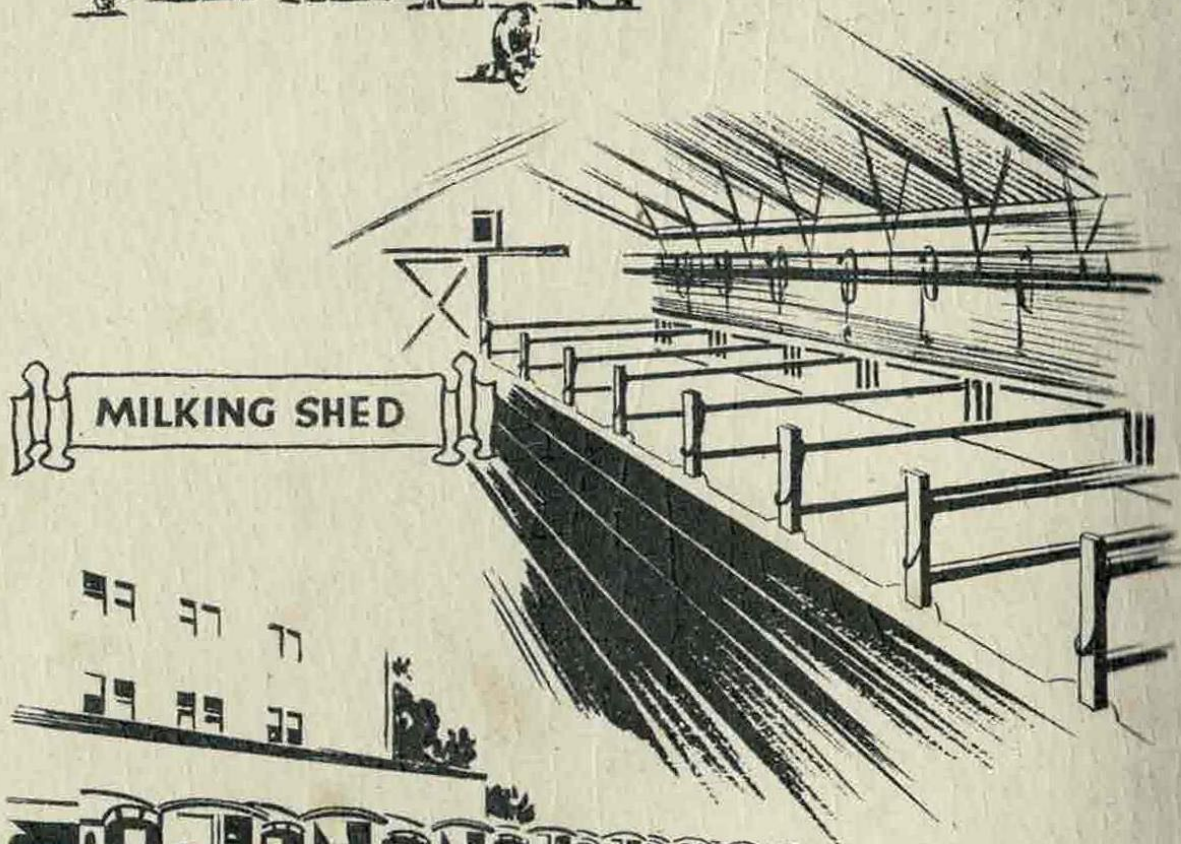
# ANCHOR RECIPES



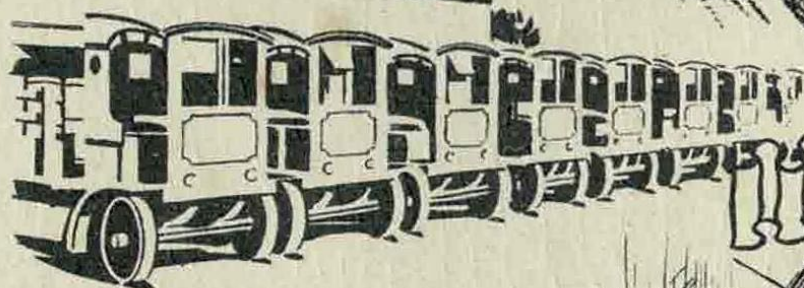




DAIRY HERD



MILKING SHED



FLEET OF TRUCKS



WEIGHING AND  
GRADING



*The* ANCHOR  
RECIPE BOOK  
*for use with*  
ANCHOR BRAND  
SKIM MILK POWDER

*All recipes  
in this book  
provide for  
using heaped  
tablespoons of  
ANCHOR SKIM  
MILK POWDER*

SOLE EXPORT SALES AGENTS  
AMALGAMATED DAIRIES LTD.  
ANZAC AVENUE, AUCKLAND, N.Z.  
AND  
3 LAURENCE POUNTNEY HILL  
LONDON, E.C.4., ENGLAND

PRODUCED IN NEW ZEALAND FROM  
COWS' MILK OF FINEST QUALITY  
BY THE  
NEW ZEALAND CO-OPERATIVE  
DAIRY CO. LTD.  
HAMILTON and AUCKLAND, N.Z.





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# ANCHOR SKIM MILK POWDER

---

**What is it?** A concentrated and pure food product in a cheap and convenient form. In other words, it is fresh, pure, separated milk, from which the water has been removed. Nothing is added, and nothing is taken away from the separated milk, except the water, and the drying process is such that the original properties of the milk are unaltered.

**Why is it "Fresh and Pure"?** In New Zealand dairying has reached a more advanced stage than elsewhere in the world, and leading the industry in scientific methods is Milk Drying. Only special districts are adapted to this class of work. There must be a large area of suitable country within easy range of the central factory. The farms must be stocked with high-grade cows, and run by thoroughly up-to-date and sanitary methods. The factory must be fully equipped with specialised and expensive plant to handle the milk supply. Actual milking is done twice per day, usually by milking machines, the milk being cooled immediately on leaving the machines. This immediate cooling is the first great factor in the purity of "Anchor" Skim Milk Powder. Directly after morning and afternoon milking, the milk is transported to the drying factory, where it is carefully graded. So stringent is this grading that any milk showing contamination is rejected.

Thus it can be truly claimed that "Anchor" Skim Milk Powder is made from milk which is "fresh and pure."



## How is it Made?

After receipt at factory, the cream is separated, being made into "Anchor" Butter, and the separated milk goes to the drying plant. This is operated under what is known as the "spray process"—that is to say, the milk, after pasteurisation, is forced, under tremendous pressure, through a tiny orifice, and emerges into huge drying chambers in a swirl of misty spray. A continuous supply of warm filtered air, not hot enough to destroy the valuable vitamins, instantly absorbs and carries off the moisture, and the solids of the skim milk, now in a most finely divided powder, fall to the bottom of the drying flume, to be immediately automatically conveyed to the packing room. Here every case is sampled and graded by qualified chemists before being passed through the factory door for sale. It should be noted that the milk reaches your table from the cow untouched by human hands. Bacteria cannot develop in dry milk powder, and, due to the specially clean conditions of supply and handling, and thorough pasteurisation during manufacture, Milk made from "Anchor" Skim Milk Powder contains less bacteria than Grade A certified fresh milk. Therefore the liquid milk does not sour unless exposed for an unreasonably long period.

## Why Should "Anchor" Skim Milk Be Used in the Household?

1. It is a high-grade food at low cost.
2. It is pure and clean.
3. It is indispensable in dainty cooking.
4. Owing to its high albumen content, less eggs are necessary.
5. Small goods made with "Anchor" Skim Milk Powder keep fresh and moist longer.
6. It gives a distinctive flavour to all food in which it is used.
7. It is convenient. "A tin on the shelf is as good as a cow in the cupboard, and an assistant chef in the kitchen."

We guarantee that "Anchor" Skim Milk Powder is fresh, pure, pasteurised skim milk dried to powder form. No adulterant is used in either the milk or the powder. We also guarantee every tin of "Anchor" Skim Milk Powder to give satisfactory results.

THE NEW ZEALAND CO-OPERATIVE DAIRY COMPANY LTD.  
HAMILTON and AUCKLAND, NEW ZEALAND



# *The* ANCHOR RECIPES.

in this book are prepared for use with "Anchor" Brand Skim Milk Powder. For convenience and ease of description, the "Anchor" Skim Milk Powder is called "Anchor" Milk Powder in all recipes in this book.

UNLESS SPECIALLY DIRECTED TO MIX WITH WATER, the milk powder should be sifted dry, together with flour, baking powder, etc., then the specified amount of water should be used to bring the mixture to the required consistency.

## HOW TO USE

### "ANCHOR" BRAND SKIM MILK POWDER

"Anchor" Powder is skim milk from which the water has been evaporated. By adding water it is again converted into skim milk. To every breakfast cup of water add one heaped tablespoon of powder.

### DIRECTIONS FOR MIXING

*THE USUAL METHOD.*—The usual method of mixing is as follows:—If four cups of milk are required, take a basin that will hold five cups of water; put in four cups of water, place four heaped tablespoons of powder on top of the water, and beat with an egg beater until thoroughly dissolved. The powder will dissolve in hot or cold water.

*HERE IS ANOTHER GOOD METHOD.*—Make the necessary quantity of powder into a paste with a little water, then add water up to the required amount, merely stirring until the powder is dissolved.

### TO SCALD MILK

Several of the recipes in this book instruct that the milk shall be scalded. As milk is very likely to burn if not carefully watched, it will be found more satisfactory to use the second method mentioned above in such cases. Make the powder into a paste, and add the requisite amount of boiling water, stirring till powder is dissolved.

*REMEMBER.*—Use one heaped tablespoon of powder to each breakfast cup of water.



# Cooking Chart

## FIRST HEAT OVEN FOR 10 MINUTES

### MEAT

Lamb .....	20 mins. per lb.
Mutton .....	25 mins. per lb.
Beef .....	15 mins. per lb.
Veal .....	25 mins. per lb.
Pork .....	25 mins. per lb.

### FISH

Baked .....	20 to 60 mins.
-------------	----------------

### PUDDINGS

Bread Pudding .....	60 mins.
Steam Pudding ....	1 to 3 hrs.
Rice Pudding ..	1 hr. (Baked)

### CUSTARD

Custard .....	30 mins.
---------------	----------

### CAKES

Plain .....	20 to 30 mins.
Sponge .....	25 to 45 mins.
Fruit .....	2½ to 3 hrs.
Layer .....	10 to 15 mins.

### QUICK BREADS

Muffins .....	25 to 30 mins.
Waffles .....	10 to 15 mins.
Cookies .....	10 to 15 mins.
Ginger Bread ...	30 to 35 mins.
Quick Loaf ....	45 to 60 mins.
Scones (Biscuits)	10 to 15 mins.

### OVEN HEATS

Very Slow .....	250 degrees	Moderate .....	350 degrees
Slow .....	275 degrees	Hot .....	400 degrees
	Very Hot .....		470 degrees

## Handy Kitchen Measures

### TABLE OF MEASURES AND WEIGHTS

#### All Spoon Measures should be HEAPED

Cups used should be Breakfast Cups, LEVEL filled

4 salt spoons ..	1 dessertspoon	4 gills = 2 cups ....	1 pint, or 2 breakfast cups
2 dessertspoons ..	1 tablespoon	2 pints = 4 cups ...	1 quart, or 4 breakfast cups
4 tablespoons .....	½ gill	4 quarts = 8 cups ....	1 gallon
2 gills = 1 cup .....	½ pint		
16 tablespoons = 1 cup .	½ pint		

#### "Anchor" Skim Milk Powder

1 tablespoon .....	1 oz.
1 cup .....	6 ozs.

#### Butter

1 tablespoon .....	1 oz.
1 cup .....	8 ozs.
Size of an egg .....	2 ozs.

#### Sugar

1 tablespoon .....	1 oz.
1 cup .....	9 ozs.

#### Flour

1 tablespoon .....	1 oz.
1 cup .....	7 ozs.

#### Brown Sugar

1 tablespoon .....	1 oz.
1 cup .....	9 ozs.

#### Eggs

12 eggs .....	1¼ lbs. (about)
---------------	-----------------

#### Meat

1 cup (finely chopped) ..	8 ozs.
---------------------------	--------

#### Bread Crumbs

1 cup (well packed) ....	4 ozs.
--------------------------	--------

#### Rice

1 cup .....	8 ozs. (about)
-------------	----------------

#### Coffee

1 cup (ground) .....	4 ozs.
----------------------	--------

#### Raisins

1 cup .....	8 ozs.
-------------	--------

#### Baking Powder

1 teaspoonful .....	½ oz.
---------------------	-------



# ANCHOR RECIPES



## S o u p s



### TOMATO SOUP

- |  |                          |
|--|--------------------------|
| 2 cups of water                          | 1 tablespoon flour       |
| 3 tablespoons of "Anchor"<br>Milk Powder | 1 tablespoon butter      |
| 6 medium sized tomatoes                  | Pepper and salt to taste |
|  | Pinch of carbonate soda  |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Place the butter and flour in a saucepan, stir over the fire, then add the tomatoes ready skinned and sliced. When hot, add the milk, boil until thick, strain and boil up again with pepper and salt added.

Delicious served with buttered toast.

Add a pinch of soda to prevent curdling.

### PEARL BARLEY SOUP

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| 4 cups of lightly coloured<br>stock | 3 tablespoons "Anchor"<br>Milk Powder |
| 2 ozs. pearl barley                 | 2 eggs yolk                           |
| 2½ cups of water                    | 1 tablespoon of margarine<br>or fat   |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Mix the stock smoothly with half a cup of milk. Bring the stock to the boil, add the barley and boil quickly for 10 minutes. Stir well. Mix the egg yolk with the margarine (which should be cut into fine pieces) and 2 cups of the milk. Add this gradually to the soup, which must be off the boil (or the egg will curdle); strain the soup, and serve.



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## **"Anchor" Milk Powder Makes Soups Richer**

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### **"ANCHOR" SPLIT PEA SOUP**

1½ cups split peas	2 tablespoons of butter
6 cups of water	or substitute
Ham bone	2 cups of water
3 sliced onions	3 tablespoons "Anchor"
Pinch of pepper	Milk Powder

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Soak the peas over-night in water. When ready, drain the peas, add the 6 cups of cold water, and cook slowly for 3 hours or until the peas become soft. Then press them through a sieve. Now mix the 2 cups of water and the dried milk powder together and thoroughly dissolve; scald the milk, and then add it, with the butter and pepper, and heat well.

### **FOUNDATION SAUCE**

#### **(For "Anchor" Cream Soup)**

A splendid foundation for fish and vegetable cream soups.

4 cups of water	1 teaspoon salt
5 tablespoons "Anchor"	1 teaspoon white pepper
Milk Powder	2 tablespoons flour
1 tablespoon butter	1 cup boiling water

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

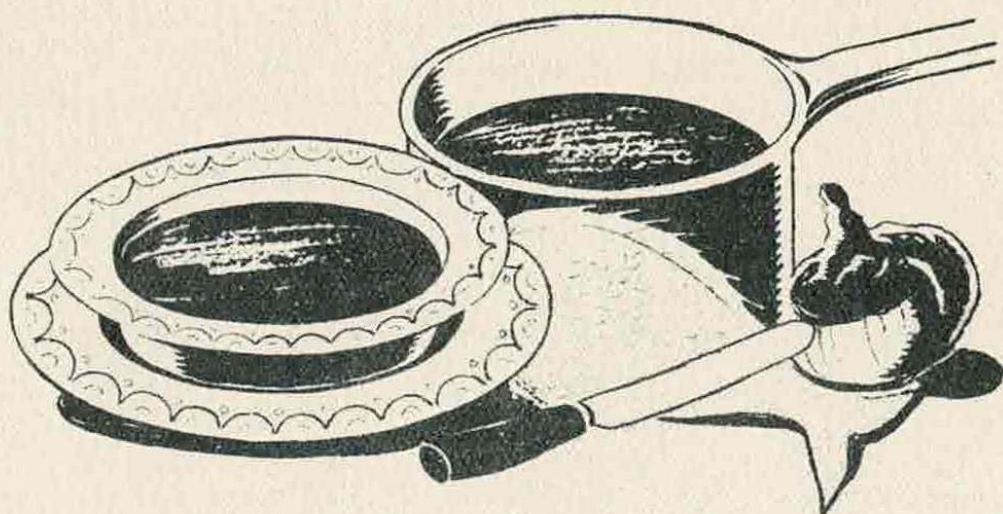
Method.—Scald the milk and add the butter, pepper and salt. Thicken with flour (which has been mixed in a little cold water). Thin the mixture with cup of boiling water, and boil for about 2 minutes.

### **FISH SOUP**

Head and bones of a	1 onion, cut fine
schnapper	Pepper, salt, mace
3 cups of water	(pinch of each)
4 tablespoons "Anchor"	1 tablespoon of flour
Milk Powder	1 cup of water

Method.—Boil the fish with 3 cups of the water for about 45 minutes. Strain it, then return the liquid to the pan, and add the onion, pepper, salt, mace, milk powder, and 1 cup water. Boil until tender, thicken with the flour, and add the parsley.





### CREAM OF POTATO SOUP

- |  |  |
|--|--|
| 4 cups of potatoes (cut<br>into squares) | 3 cups of water                              |
| 1 small onion                            | $\frac{1}{2}$ cup of "Anchor" Milk<br>Powder |
| 2 teaspoons salt                         | 1 cup of white sauce                         |
| Pinch of pepper                          | 1 cup of water                               |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Boil the potatoes, onion (cut up), salt, and 3 cups of the water until vegetables are tender. Add the white sauce, the milk and pepper.

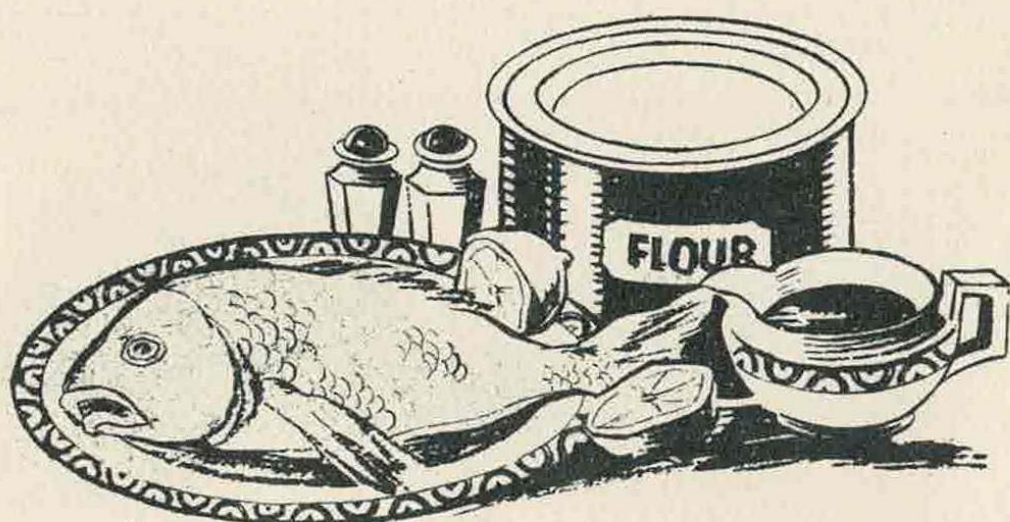
### CREAM OF CELERY SOUP

- |                               |                      |
|-------------------------------|----------------------|
| 1 cup of water mixed with     | 3 cups of water      |
| 1 tablespoon of "Anchor"      | 1 cup of white sauce |
| Milk Powder                   | Pinch of pepper      |
| $2\frac{1}{2}$ cups of celery |                      |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Cook the celery and salt in the 3 cups of water until the celery is tender. Add the white sauce, the milk, pepper, and more salt if necessary.





## Fish and Entrees



### FISH A LA CREAM

2 cups of water	Parsley
3 tablespoons "Anchor"	Pepper
Milk Powder	Salt
Some fish	Flour
Juice of lemon	2 tablespoons butter

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Wash any kind of white fish, cover with flour, place in baking pan, butter on top, pour milk and chopped parsley over, pepper, salt; when cooked place on a hot dish, lemon juice over, serve with "Anchor" sauce.

### LIVER WITH CREAMED FRIED ONIONS

2 slices calf's liver	Salt
1 lb. onions (sliced)	Pepper
4 tablespoons flour	2½ cupfuls water
5 slices bread	3 tablespoons "Anchor"
2 eggs yolks	Milk Powder

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Cut the liver into pieces, cover with boiling water, let stand 5 minutes. Drain and remove skin and veins. Sprinkle with salt, pepper, and broil or saute 5 minutes. At the same time fry onions in small amount of fat, adding more as needed. When light brown, sprinkle with the flour, blend well, and add 2 cupfuls of the milk and stir until the mixture thickens. Season with salt and pepper, and serve around the liver on French toast.



---

## **"Anchor" Milk Powder is Convenient**

---

### **MEAT BATTER PUDDING**

- |                         |                          |
|-------------------------|--------------------------|
| 1½ tablespoons "Anchor" | 1 teaspoon baking powder |
| Milk Powder             | 1 egg                    |
| 1½ cups water           | 1 lb. steak              |
| Small cup flour         | Pepper and salt to taste |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Make a batter by putting the flour, baking powder, and a pinch of salt in a basin, and mixing with the milk and beaten eggs. Lay the steak in a well greased pie dish, season with an onion cut up small, pepper and salt, and pour the batter over.

Cold meat or fish may be used instead of the steak.

### **SWEETBREADS SAVOURY**

- |                    |                        |
|--------------------|------------------------|
| 1 pair sweetbreads | 1½ cupfuls water       |
| ¼ cupful butter    | ½ cupful cream         |
| 1 chopped onion    | 1 teaspoonful grated   |
| ½ teaspoonful salt | lemon rind             |
| Pinch of pepper    | 4 tablespoons "Anchor" |
| ¼ cupful flour     | Milk Powder            |
| Dash nutmeg        |                        |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Parboil the sweetbreads, remove the skin and separate into pieces. Melt the butter, and in it cook the onion half a minute. Add the sweetbreads and cook one minute; sprinkle with the salt, pepper and flour. Blend well, and add the milk. Stir until thick and smooth. Add the cream, nutmeg, and lemon rind, and serve at once.

### **YORKSHIRE PUDDING**

- |                        |                        |
|------------------------|------------------------|
| 2 tablespoons "Anchor" | 1 egg                  |
| Milk Powder            | ¼ teaspoon of salt     |
| 1 cup of water         | 2 tablespoons of flour |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Sift flour and salt into a basin, make a hole in centre, and drop in the egg. Stir with a wooden spoon and gradually work in the flour from the sides, adding the milk a little at a time until about half the milk and all the flour is mixed in; then give the batter a thorough beating for two or three minutes, after which finish adding the milk as before by degrees. It should be like thick cream when finished, and should stand an hour before baking.

Put about a dessertspoonful of dripping into small tins about the size of a saucer, and let it become boiling hot in the oven, then pour in the batter; this quantity is enough for four tins the above size. The oven should be very hot to bake them.



### SCALLOPED HAM AND POTATOES

1 slice of ham (thick)	2½ tablespoons "Anchor"
Some potatoes (pared and well sliced)	Milk Powder
Some chopped parsley	2 cups of water

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Cut the ham into pieces for serving. Put into a greased loaf pan, or a dish. Pile the potatoes on the side, pour in the milk and bake in a slow oven for 1½ to 2 hours. When cooked, sprinkle with parsley.

### CREAMED EGGS AND CHEESE

3 hard-boiled eggs	4 tablespoons flour
2 cups water	3 teaspoons butter
2½ teaspoons "Anchor"	½ cup grated cheese
Milk Powder	Salt

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Make a cheese sauce and to this add finely chopped hard-boiled eggs. Pour over slices of toast and serve hot. If desired, only the whites of the eggs may be added to the sauce, the yolks pressed through a sieve and sprinkled over the top.

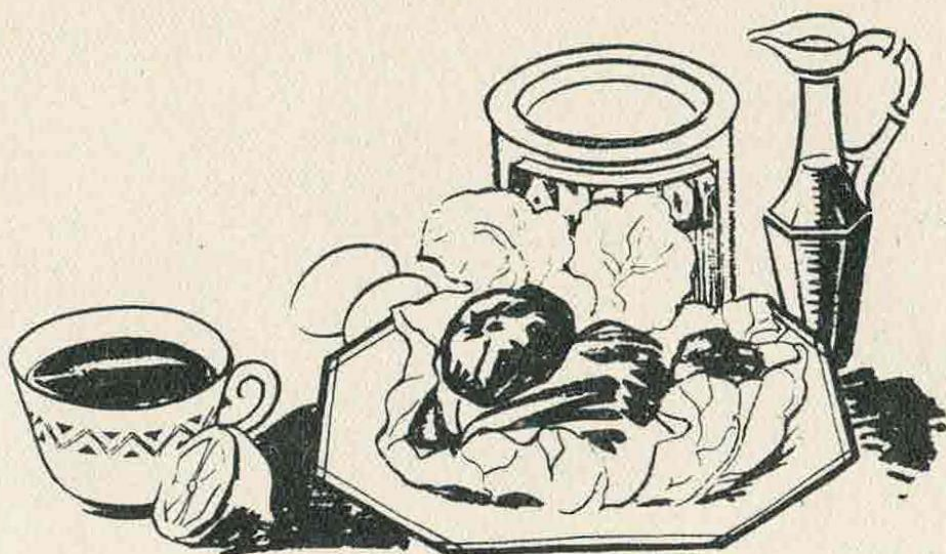
### CHEESE OMELET

1½ tablespoons "Anchor"	2 eggs slightly beaten
Milk Powder	Pepper, salt, cayenne and a little mustard
1 cup of water	
1 cup of grated cheese	

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Put milk in a double boiler, let it boil, and put in the grated cheese, and stir till it melts. The milk must not boil after the cheese is put in. Beat eggs, add seasoning, and add to the milk and cheese. Put in a pie dish, and then put in hot oven to set.





## Sauces, Etc.,

For Use with  
Meat or Vegetables



### MAYONNAISE SAUCE FOR SALADS

(Without oil or butter)

- |                         |                         |
|-------------------------|-------------------------|
| 1 teaspoonful salt      | 1 teaspoonful lemon     |
| 1 tablespoonful sugar   | juice                   |
| 1½ tablespoonfuls flour | ¼ cup vinegar           |
| ¾ teaspoonful mustard   | 1 cup water             |
| 2 eggs                  | 1½ tablespoons "Anchor" |
|                         | Milk Powder             |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Mix the dry ingredients, add the beaten eggs, lemon juice, and milk. Add the vinegar gradually. Heat in a double boiler until it is thick, stirring constantly. Take from the fire, strain, and allow to cool.

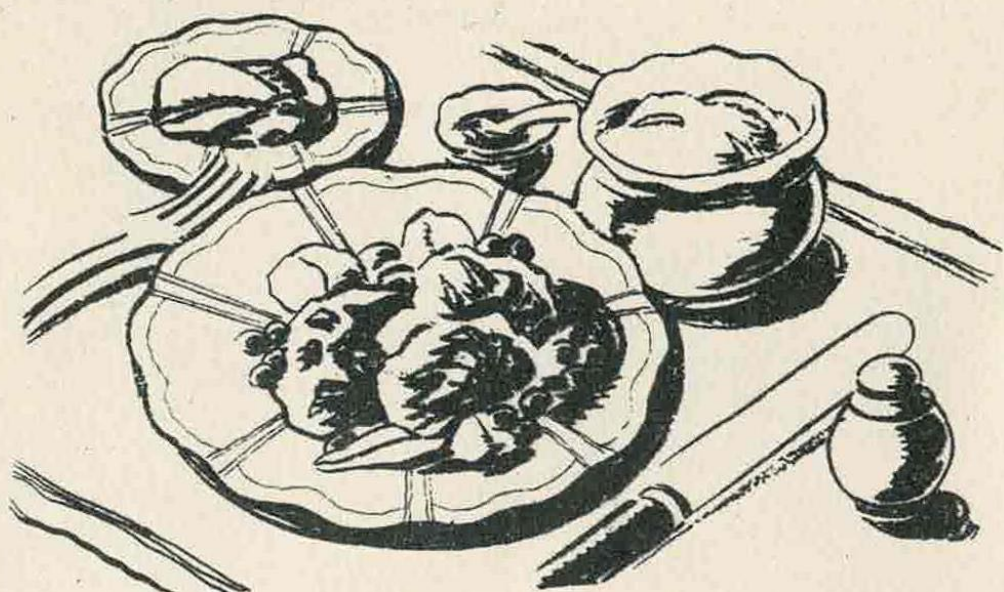
### THICK CREAM SAUCE

- |                         |                       |
|-------------------------|-----------------------|
| 1½ tablespoons "Anchor" | 2½ tablespoons flour  |
| Milk Powder             | ½ teaspoon salt       |
| 1 cup water             | White pepper to taste |
| 2 tablespoons butter    |                       |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Melt butter in pan, add flour, and mix well; add milk slowly, stir until smooth and creamy, add salt and pepper. Boil a few minutes.





### THIN CREAM SAUCE

- |                       |                             |
|-----------------------|-----------------------------|
| 1 tablespoon "Anchor" | 1 tablespoon butter or      |
| Milk Powder           | dripping                    |
| 1 cup water           | $\frac{1}{2}$ teaspoon salt |
| 1 tablespoon flour    | Sauce and pepper to taste   |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Melt butter in pan, add flour, mix well; add milk slowly, stir until smooth and creamy, add salt and pepper. Boil a few minutes.

### SAVOURY CUSTARD

- |                                |                        |
|--------------------------------|------------------------|
| 1 egg                          | 4 tablespoons "Anchor" |
| $\frac{1}{4}$ teaspoon chopped | Milk Powder            |
| parsley                        | 4 cups water           |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Beat up egg, add parsley, salt, and milk. Mix together, pour into buttered cup; steam till just set.

### SAUCE FOR BOILED ONIONS

- |                        |                             |
|------------------------|-----------------------------|
| 1 cup of water         | 1 tablespoon butter         |
| 2 tablespoons "Anchor" | 2 tablespoons flour         |
| Milk Powder            | $\frac{1}{2}$ teaspoon salt |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Place the milk in enamel pot. Mix flour and salt to a smooth paste. When milk boils, add paste, stir well till it boils, then pour over vegetables.





## Sweets



### BLANC MANGE

- |  |  |
|--|--|
| 2 cups water                             | $\frac{1}{2}$ cup sugar                  |
| 3 tablespoons "Anchor"<br>Milk Powder    | $\frac{1}{4}$ teaspoon salt              |
| 3 tablespoons cornflour<br>(corn-starch) | One-sixth teaspoonful<br>essence vanilla |

Method.—Dissolve the cornflour, sugar, salt, and milk powder in a small portion of the water. Heat the remainder of the water in a double boiler. Add the mixture and cook until thick, and then turn out into damp moulds. Serve with cream, custard, or jam.

### "ANCHOR" CUSTARD

- |   |                           |
|---|---------------------------|
| 1 large breakfast cup<br>water              | 1 egg                     |
| 1 heaped tablespoon<br>"Anchor" Milk Powder | 1 tablespoon sugar        |
|   | Little essence and colour |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Mix the egg, sugar, essence, and colour together; add milk, and use as an ordinary custard.

### RICE A L'IMPERATRICE

- |                                       |                              |
|---------------------------------------|------------------------------|
| 2 tablespoons "Anchor"<br>Milk Powder | $\frac{1}{2}$ stick cinnamon |
| 2 cups water                          | 2 eggs                       |
| 3 ozs. rice                           | Some jam                     |
|                                       | 6 tablespoons sugar          |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Wash the rice well, place in a pie dish, add milk, sugar, cinnamon, yolk of eggs; bake in oven. When cooked, spread jam on top, then beaten white of egg; return to oven till brown.



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## **"Anchor" Milk Powder Makes Delicious Puddings**

---

### **COCOA BREAD PUDDING**

5 tablespoons "Anchor"	Two-thirds cup sugar
Milk Powder	2 eggs
4 cups water	$\frac{1}{4}$ teaspoon salt
2 cups stale bread	1 teaspoon vanilla
crumbs	6 tablespoons cocoa

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Soak the bread in milk 30 minutes. Mix sugar, cocoa, salt, and add to above mixture; add vanilla. Beat eggs slightly, and mix thoroughly. Turn into a buttered baking dish, and bake one hour in a moderate oven. Serve with pudding sauce.

### **COCOA CUSTARD**

2 tablespoons "Anchor"	$\frac{1}{4}$ cup sugar
Milk Powder	2 tablespoons cocoa
2 cups water	$\frac{1}{4}$ teaspoon vanilla
2 eggs	essence

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Scald milk, mix cocoa, salt, and sugar. Beat eggs just enough to thoroughly mix them, add cocoa and sugar. Add scalded milk slowly, cook over a moderate heat in a double boiler, stirring constantly until spoon is coated. Flavour, strain, and serve cold. If custard curdles, heat at once with dover egg beater and strain.

### **COCOA FLOAT**

2½ tablespoons "Anchor"	$\frac{1}{4}$ teaspoon cinnamon
Milk Powder	$\frac{1}{4}$ cup sugar
2 cups water	2 tablespoons cocoa
2 eggs (whites and yolks	2 tablespoons corn-starch
beaten separately)	(cornflour)
Salt (a pinch)	$\frac{1}{2}$ teaspoon vanilla

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Scald milk, mix corn-starch, cocoa, salt and cinnamon; add scalded milk slowly. Cook in a double boiler 20 minutes, or until thick, and there is no taste of raw starch, stirring constantly. Add egg yolks, beaten slightly, and cook till egg thickens, flavour, cool. Beat egg whites until stiff and firm, add 4 tablespoons of icing sugar gradually, beating all the time; flavour. Turn cocoa mixture into a glass, and drop by tablespoons the egg white mixture on top.





### CREAM TAPIOCA

- |                          |                          |
|--------------------------|--------------------------|
| 1 teacup tapioca         | 3 tablespoons desiccated |
| 2 cups water             | cocoanut                 |
| 2½ tablespoons "Anchor"  | 3 eggs (whites of same   |
| Milk Powder              | beaten up stiff)         |
| 3 eggs (yolks beaten up) |                          |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Soak the tapioca all night in water. In the morning drain off the water. Boil tapioca in milk for 10 minutes. Beat the yolks of eggs with three tablespoons cocoanut. Stir into tapioca, and boil five minutes. Pour into a pie dish, cover it with whites of eggs beaten stiffly, and sweetened. Sprinkle cocoanut over and place in oven to set.

### SPANISH CREAM

- |                        |                            |
|------------------------|----------------------------|
| 3 cups of water        | Pinch of salt              |
| 6 tablespoons "Anchor" | 2½ tablespoons of gelatine |
| Milk Powder            | ½ cup cold water           |
| 3 eggs                 | Vanilla flavouring         |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Scald the milk, add it to the slightly beaten egg yolks, sugar, and the salt. Cook until the mixture coats the spoon. Soak the gelatine in the half-cup of water for about 5 minutes. Add it to the hot custard; stir until gelatine is thoroughly dissolved. Set to cool. When the mixture begins to thicken, fold in the stiffly beaten egg whites. Flavour vanilla. Pour out into a mould. Put on ice to cool. Serve with cream.



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## **"Anchor" Milk Powder Improves the Dessert**

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### **"ANCHOR" JUNKET**

3½ cups of water	1 heaped tablespoon of
6 tablespoons "Anchor"	sugar
Milk Powder	1 large teaspoon of rennet
½ tablespoon butter (more	or 1 rennet tablet
if rich mixture)	

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Wet a saucepan with a little cold water to prevent milk from sticking to bottom. Place the saucepan with the milk in it on stove. Heat milk until warm. Add butter, and as soon as butter melts, pour out into a dish (which has been slightly warmed). Keep milk warm just long enough for the rennet to work. Now add the rennet (which has previously been dissolved in a little cold water), stir until everything is well mixed. Put aside to cool. Ready in an hour.

### **WHOLE WHEAT PUDDING**

2 cups whole wheat flour	1½ tablespoons "Anchor"
½ teaspoon salt	Milk Powder
½ teaspoon soda	½ cup treacle
1 cup water	1 cup raisins or dates

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Mix together flour with salt and soda, then add milk and treacle, and last, raisins, or any preferred fruit such as stewed prunes, dried figs, apples, or apricots, or freshly chopped apples or berries in season. Steam for 2½ hours. Serve with whipped cream or any fruit sauce.

### **CHOCOLATE PIE**

4 tablespoons "Anchor"	6 eggs (use 3 whites for
Milk Powder	top)
4 cups water	2 cups boiling water
2 squares chocolate	1 tablespoon vanilla
½ cup sugar	

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Dissolve the chocolate in a little of the milk; stir in the boiling water; boil 3 minutes and cool. When nearly cold, beat up with this the yolks of 6 eggs and the whites of 3. Stir into milk; flavour, and pour into paste. Place in oven until paste is browned and filling "set." Whip 3 whites into froth with powdered sugar, and spread over pies, and place in oven a few minutes.



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## **"Anchor" Milk Powder, Rich in Vitamins**

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### **BAKED OR STEAMED CUSTARD**

2½ tablespoons "Anchor"	3 eggs
Milk Powder	Pinch salt
2 breakfast cups water	2 dessertspoons sugar

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Heat milk, but do not boil. Have ready eggs, pinch salt, and sugar beaten together, pour hot milk over them. For baked custard, put into pie dish and stand dish in baking tin with a little water in it. Bake in moderate oven until set. For steamed custard, put into basin, stand in saucepan with water half-way up basin sides, put over low flame until custard sets. If made as directed, custard will set firm without any bubbles, and not be watery.

### **RICE PUDDING**

1 cup of rice	1 cup of sugar
6 cups of water	1 cup of seeded raisins
6 tablespoons "Anchor"	1 grated orange rind
Milk Powder	

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Wash the rice in several changes of water. Put the rice into a pudding dish, and now add the milk, salt, orange rind, and the sugar. Bake in a slow oven for about 1½ hours, until it becomes thick. Stir it several times during baking, adding the raisins, and then bake for another 20 minutes.

### **BANANA FRITTERS**

Some bananas	Some salt (a pinch)
1 cup flour	2 eggs whites
2 tablespoons "Anchor"	½ teaspoon butter (melted)
Milk Powder	1 small cup water

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Sift and mix the flour and salt, and beat in the milk gradually; stir in the egg yolks until the mixture becomes yellowish in colour; add the melted butter and egg whites. Have bananas cut long-ways, dip them in the butter, and fry in deep fat until browned. Drain them and serve with sprinkled sugar over them.



## Quick Breads, Etc.



### QUICK BREAD

4 cups flour	2 tablespoons "Anchor"
1 teaspoon salt	Milk Powder
6 teaspoons baking powder	1 $\frac{3}{4}$ cups water
1 teaspoon sugar	2 tablespoons butter

Method.—Sift flour, milk powder, salt, baking powder, and sugar together, work in butter with finger tips. Moisten the mixture to a soft dough with the water; mix until smooth. Turn into a greased bread pan, and let the mix stand in a warm place for 20 minutes to rise. Brush the top of the loaf with a little melted butter. Bake in moderate oven one hour. Take out of pan and turn loaf on its side to cool.

### NUT BREAD

2 cups whole wheat flour	$\frac{1}{4}$ cup of sugar
4 teaspoons baking powder	1 teaspoon salt
$\frac{1}{4}$ cup treacle (molasses)	2 eggs (beaten up)
1 cup of nuts (chopped)	1 small cup of water
5 tablespoons dripping	1 tablespoon "Anchor"
(shortening)	Milk Powder

Method.—Mix and sift together all the dry ingredients. Rub the dripping into the dry ingredients. Add the water and egg and mix well. Add the nuts and beat thoroughly. Pour into a greased pan. Let it stand for 5 minutes, then bake for 45 minutes in a moderate oven (350 degrees).

### UP-TO-DATE BROWN SCONES

(or American Biscuits)

1 large breakfast cup of water	3 teaspoons baking powder
1 $\frac{1}{2}$ tablespoons "Anchor" Milk Powder	3 tablespoons butter or lard
2 breakfast cups wheatmeal	2 heaped dessertspoons sugar
1 breakfast cup plain flour	2 eggs
	Salt to taste

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Sift and mix the baking powder, wheatmeal, flour, and sugar together, rub in butter (or lard). Beat eggs and milk together and make into stiff dough. Roll out and cut. Place on hot floured oven shelf and bake in quick oven.





### SCONES (or American Biscuits)

2 heaped breakfast cups flour	2 dessertspoons "Anchor" Milk Powder
2 teaspoons baking powder	2 ozs. butter

Method.—Mix together dry flour, baking powder, "Anchor" Milk Powder. Rub in the butter, make print in centre of flour in basin, add pinch salt and dessertspoon of sugar. Make into dough with half-pint of water. Cut dough into several pieces and bake in quick oven.

These can also be baked on girdle or hot-plate.

### "ANCHOR" HEALTH SCONES (or American Biscuits)

1 heaped breakfast cup flour	1 teaspoon bicarb. soda
1 heaped breakfast cup wheatmeal	1 teaspoon baking powder
2 tablespoons "Anchor" Milk Powder	2 tablespoons bran
	2 ozs. butter
	$\frac{3}{4}$ breakfast cup water
	$\frac{3}{4}$ breakfast cup treacle

Method.—Mix the dry ingredients together and rub in the butter. Mix the water and treacle, and with the dry ingredients make into dough as for scones. Work well to get dough clear and smooth, and bake as for ordinary scones.

These scones are easy to digest, and are of high food value.

### "ANCHOR" GIRDLE SCONES (or American Biscuits)

2 heaped breakfast cups flour	2 tablespoons "Anchor" Milk Powder
2 teaspoons baking powder	1 cup water
1 level teaspoon salt	

Method.—Mix into a smooth dough, and work until fine and clear; cut out and bake in the ordinary way. Turn over as soon as set.

This scone is something out of the ordinary, is easy to make, and of good appearance.



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## **"Anchor" Milk Powder is Pure**

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### **DATE SCONES** (or American Biscuits)

2 cups flour	1 egg (beaten)
1 cup water	1 cup dates (stoned and cut small)
1½ tablespoons "Anchor" Milk Powder	½ teaspoon salt
1 tablespoon sugar	4 teaspoons baking powder
¼ cup dripping	

Method.—Sift together the flour, baking powder, milk powder, and salt, and rub in the dripping (shortening). Add the sugar and dates, and thoroughly mix them. Make the mix into a dough with the beaten egg and water. Divide into three parts, form into rounds, roll out half an inch thick, and cut into squares. Place on a greased baking pan. Brush out with water (lightly) and bake in moderate oven for 10 to 15 minutes.

### **WHOLE WHEAT RAISIN WAFFLES**

2 cups of cooked cereal (any good make)	2 cups water
2 teaspoons baking powder	1 teaspoon butter
1 cup whole wheat flour	3 eggs yolks (well beaten)
1 cup seeded raisins (cut)	1 tablespoon butter
2½ tablespoons "Anchor" Milk Powder	3 eggs whites (well beaten)
	½ teaspoon salt

Method.—Heat the water, be careful not to boil it. Add the cooked cereal and butter, sift flour, salt, milk powder, add same, and beat well. Add the beaten egg yolks and raisins and thoroughly mix. Cut and fold in the stiffly beaten whites of eggs and the baking powder. Cook on hot iron well greased. Any other variety of waffle can be made by varying the fruit used.

### **BUCKWHEAT CAKES**

1 tablespoon of treacle (molasses)	1 tablespoon of butter or fat (melted)
1½ cups of water	1½ cups of buck-wheat flour
2 tablespoons "Anchor" Milk Powder	½ teaspoon of salt
½ cup of wheat flour	5 teaspoons baking powder

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Mix the liquid ingredients together. Add them to the dry ingredients, which should have been sifted and mixed together previously. Beat well, and bake on a greased griddle iron until brown. Serve hot.





### WELSH PIKELETS

4 large cups flour	1 cup of water
1 egg	1 teaspoon castor sugar
1½ tablespoons "Anchor"	Pinch of salt
Milk Powder	1 oz. yeast

Method.—Cream sugar and yeast together. Beat the egg to a froth. Sift and mix together the salt, flour, milk powder, and pour in the beaten egg. Stir the water in with the yeast, and pour this on to the mixture. Make up into a soft dough and knead it for 10 minutes. Cover the basin and stand it in a warm place for an hour and a half. Then shape into round cakes about half-inch thick. Bake on a hot griddle. Serve hot.

### WAFFLES, PLAIN

2 cups flour	1 tablespoon sugar
2 eggs whites (beaten)	1½ cups water
2 eggs yolks (beaten)	2 tablespoons "Anchor"
4 teaspoons baking powder	Milk Powder
½ teaspoon salt	4 tablespoons melted butter

Method.—Mix and sift all the dry ingredients, add well beaten egg yolks. Beat in the water to a smooth batter. Add the melted butter and fold in the stiffly beaten whites of eggs. Bake on hot irons until crisp and brown.

### WHEAT CAKES

2 cups of flour	2 teaspoons of sugar
½ teaspoon of salt	1½ cups of water
3 teaspoons baking powder	1 egg (beaten up)
2 tablespoons "Anchor"	2 tablespoons of melted
Milk Powder	butter or fat

Method.—Mix in the order given. Sift all the dry ingredients. Bake on hot griddle until brown. Turn them once only when cooking.



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## **"Anchor" Milk Powder Makes Better Cakes**

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### **"ANCHOR" PIKELETS**

2 breakfast cups flour	2 tablespoons "Anchor"
2 heaped teaspoons baking powder	Milk Powder
1 egg	2 tablespoons sugar

Method.—Mix the flour, baking powder and milk powder together dry, and then mix in the egg and sugar. Use sufficient water to make into an easy running batter (not too soft) with the dry ingredients. Cook as usual. Pikelets made by this method will be found to be as rich as if several eggs were used, the milk powder acting as an excellent substitute. The recipe is largely used by leading confectioners.

### **WHOLE WHEAT GRIDDLE CAKES**

2 tablespoons "Anchor"	2 tablespoons sugar
Milk Powder	1 teaspoon salt
1½ cups water	1 egg
Two-thirds cup whole wheat	3 teaspoons baking powder
1¼ cups white flour	1 tablespoon butter (melted)

Method.—Sift the white flour, baking powder, milk powder, salt, and sugar, and mix well into whole wheat flour. Next add the water, melted butter, and beaten egg, and mix well. Drop the mixture by tablespoons on to a hot griddle, well greased. Brown the waffles both sides. Serve hot with syrup, honey, or jam.

### **RICE MUFFINS**

1 cup flour	½ cup boiled rice
¼ teaspoon salt	1 tablespoon "Anchor"
2 teaspoons baking powder	Milk Powder
1 egg	½ cup water
1 tablespoon butter	

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Sift the dry ingredients, rub in the butter lightly, stir in the rice, next the beaten eggs, and lastly the milk. Pour the mix into greased pans, filling them only half-full, and bake in a moderate oven for 20 minutes.



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## **"Anchor" Milk Powder is Economical**

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### **DATE GEMS**

2 eggs	1 cup water
1½ cups flour	¼ cup dates (stoned and chopped)
2 teaspoons baking powder	½ teaspoon salt
1½ tablespoons "Anchor" Milk Powder	

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Beat the eggs, add the milk and flour, and beat until smooth. Add the baking powder, milk powder, and the dates; mix thoroughly. Bake in greased gem pans in quick oven 20 minutes. Serve hot for preference.

### **DOUGHNUTS**

1 cup water	4 teaspoons baking powder
1 tablespoon "Anchor" Milk Powder	1 egg
1 cup sugar	5 cups of flour (scant measure)
½ teaspoon salt	¼ teaspoon grated nutmeg

Method.—Beat up egg well, and add sugar and water. Sift flour, milk powder, baking powder, salt, and nutmeg together, and then add it to the mixture. Mix well. Turn the mixture on to a well-floured baking board, roll out to about quarter-inch thickness. Cut the mix with doughnut cutters. Fry in deep fat, and drain on brown paper.

### **PLAIN MUFFINS**

2 cups flour	1 egg
1 tablespoon sugar	1 teaspoon salt
4 teaspoons baking powder	1 cup water
1½ tablespoons "Anchor" Milk Powder	1 tablespoon butter or dripping

Method.—Sift the flour, baking powder, milk powder, salt, and sugar together, add slowly the egg and water. Now add the butter and mix well. Grease the muffin pans, and drop a spoonful of the batter mixture in each pan. Bake in moderate oven.

### **SALLY LUNN**

2 cups flour	2 tablespoons of dripping (shortening)
3 teaspoons baking powder	1 teaspoon salt
1 medium cup water	1 tablespoon sugar
1½ tablespoons "Anchor" Milk Powder	2 eggs (well beaten)

Method.—Sift together the flour, milk powder, baking powder, salt, and sugar. Add water, eggs and melted shortening (dripping). Mix well. Bake in greased tin or muffin pan in moderate oven for 25 minutes.





# Cakes



## PLAIN CAKE

- |                            |                                     |
|----------------------------|-------------------------------------|
| $\frac{1}{4}$ cup dripping | $1\frac{1}{2}$ tablespoons "Anchor" |
| 1 cup sugar                | Milk Powder                         |
| 1 egg (well beaten)        | 2 cups flour                        |
| 1 teaspoon vanilla essence | 2 teaspoons baking powder           |
| 1 cup water                | $\frac{1}{2}$ teaspoon salt         |

Method.—Cream the dripping, add sugar slowly. Add egg and essence, sift the flour, baking powder, milk powder, and salt together, and add to the mixture a little at a time, alternately with the water. Bake in a greased cake or layer tin in moderate oven. May be served hot as pudding, or cold as cake.

## MADEIRA CAKE

- |                            |                          |
|----------------------------|--------------------------|
| $\frac{1}{2}$ lb. butter   | 1 lb. sugar              |
| $\frac{1}{2}$ lb. dripping | 8 eggs                   |
| 2 oz. cornflour            | 1 tablespoon "Anchor"    |
| $1\frac{3}{4}$ lb. flour   | Milk Powder              |
| 1 teaspoon salt            | 1 teaspoon baking powder |

Method.—Cream together the butter, dripping, cornflour,  $\frac{3}{4}$  lb. flour, and salt. Beat the sugar and eggs together as for sponge cake, and add to the creamed butter and flour. Sift together dry the remainder of the flour, milk powder, and baking powder; mix into the cake batter, using 1 breakfast cup water in which has been dissolved 2 tablespoons sugar, forming a syrup, to bring the mixture down to the required slackness. Bake in a moderate oven.

## "ANCHOR" KISSES

Take a portion of the Queen Cake mixture (see page 28), say, sufficient to fill two cups, and into this work 1 tablespoon (dry) "Anchor" Milk Powder. Drop on trays and bake in ordinary way. It will be found that there is a distinctive flavour, which will be much appreciated.





### ANGEL CAKE

- |                              |                                     |
|------------------------------|-------------------------------------|
| 1½ cups sugar                | 1 cup of water                      |
| Two-thirds cup butter        | 3 tablespoons "Anchor"              |
| 5 eggs (use whites only)     | Milk Powder                         |
| 2 teaspoons of baking powder | 2½ cups of flour                    |
| ½ cup of cornflour           | 1 teaspoonful of essence of vanilla |

Method.—Wet the cornflour with a little of the water before adding to the mixture. Bake in layers and put filling in between it.

### LUNCH CAKES

- |                          |                           |
|--------------------------|---------------------------|
| ½ lb. butter or dripping | 2 tablespoons "Anchor"    |
| 1 lb. sugar              | Milk Powder               |
| 3 eggs                   | 2 teaspoons baking powder |
| 2 lbs. flour             |                           |

Method.—Cream butter, sugar and eggs as for ordinary cake. Sift together dry the flour, milk powder, and baking powder. Use half-pint water with 2 tablespoons sugar dissolved in it to bring down to a firm dough. Bake in a quick oven.

Equally good as a plain cake, or baked with fruit in it.

### CURRENT CAKE

- |                         |                            |
|-------------------------|----------------------------|
| 1½ tablespoons "Anchor" | 3 eggs                     |
| Milk Powder             | 1 cup currants             |
| 2 cups flour            | 2 tablespoons water        |
| 1 cup sugar             | 1 teaspoon cream of tartar |
| 1 cup butter            | ½ teaspoon soda            |

Method.—Cream butter and sugar, add eggs (well beaten), then water and flour, with currants, milk powder, and cream of tartar and soda well mixed. Bake about 1½ hours.



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## **"Anchor" Milk Powder Makes Cakes Lighter**

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### **RICH POUND CAKE**

8 ozs. butter	1 tablespoon "Anchor"
10 ozs. sugar	Milk Powder
4 eggs	1 small level teaspoon
Pinch salt	baking powder
Flavour	$\frac{3}{4}$ lb. sultanas
2 heaped breakfast cups	Lemon peel, almonds, or
flour	cherries as desired

Method.—Cream butter, sugar; add eggs, well beaten. Sift dry ingredients together and add to mixture, using enough water to bring the texture down to a state where the dough will spread easily, but will not run. Then add fruit, lemon peel, etc. Bake in a moderate oven from  $2\frac{1}{2}$  to 3 hours.

This cake is easily made, and will be much appreciated by the family.

### **"ANCHOR" QUEEN CAKES**

Suitable for filling paper cups, and, by adding sultanas, makes a nice lunch cake.

1 large breakfast cup flour	4 ozs. butter
(heaped)	4 ozs. castor sugar
1 large tablespoon	2 eggs (one egg may be
"Anchor" Milk Powder	used with good results)
1 large teaspoon baking	Pinch salt
powder	About 2 tablespoons water

Method.—Sift the dry ingredients together, rub in the butter, make a bay in the mixture and add sugar, eggs, salt, and water, making into a dough. Work the dough in a dish until smooth, and until it has a slimy appearance. Bake as usual.

### **"ANCHOR" GINGER SPONGE**

2 ozs. dripping	1 heaped breakfast cup
4 ozs. sugar	flour
6 ozs. treacle or golden	1 teaspoon bicarbonate
syrup	soda
$\frac{3}{4}$ cup warm water	$\frac{1}{2}$ teaspoon mixed spice
$1\frac{1}{2}$ tablespoons "Anchor"	1 heaped teaspoon ground
Milk Powder	ginger

Method.—Warm the fat, sugar and treacle together until dissolved, and liquid; sift the dry ingredients together, and add half of same with half the water; stir and work until the whole is thoroughly smooth and liquid, then add the remaining flour and water and mix thoroughly. Bake in a moderate oven.





### "ANCHOR" UNBEATEN SPONGE

Suitable for rolls, sandwiches, and for flat sheets with cream or jam filling.

1 large breakfast cup flour	3 eggs
1 large tablespoon "Anchor" Milk Powder	6 ozs. sugar
1 teaspoon baking powder	$\frac{1}{4}$ large breakfast cup water
Pinch salt	Colour and essence if desired

Method.—Sift all the dry ingredients together. Then mix eggs, sugar, and water together, but do not beat, and allow to stand until the sugar has dissolved. Then mix in the dry ingredients and bake in a quick oven.

Owing to the action of the milk powder, this sponge will gain in moisture and richness if kept for 24 hours after cooking before being served.

### QUICK COFFEE CAKE

One-third cup of lard (or dripping)	$2\frac{1}{2}$ cups flour
1 tablespoon salt	4 teaspoons baking powder
$\frac{1}{4}$ cup of sugar	$\frac{3}{4}$ cup raisins
1 egg (slightly beaten)	2 tablespoons sugar
$1\frac{1}{2}$ tablespoons "Anchor" Milk Powder	1 teaspoon cinnamon
	1 cup water

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

Method.—Mix melted fat, sugar, egg, and milk; sift the flour, salt, baking powder, and add to other ingredients. Add a few chopped raisins. Pour the mix into greased cake-pans, and sprinkle with mixture of sugar and cinnamon. Bake in hot oven 15 or 20 minutes.



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## **"Anchor" Milk Powder Cakes Keep Fresh Longer**

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### **BROWN CAKE**

2½ cups flour	1 cup water
1 cup sugar	1 cup raisins
1 cup butter	2 eggs
½ cup golden syrup	1 tablespoon spice
1 tablespoon "Anchor" Milk Powder	1 teaspoon soda

Method.—Cream butter and sugar, add eggs. Sift together flour, soda, spice, and milk powder, and add these to the mixture. Dissolve the golden syrup in the water, and mix all together to bring to a smooth consistency. Add raisins and bake in a slow oven for half an hour.

### **WALNUT CAKE**

1½ dessertspoons "Anchor" Milk Powder	1 cup chopped walnuts
5 tablespoons butter	½ cup water
6 tablespoons sugar	3 eggs
3 small cups flour	1 teaspoon cream tartar
	½ teaspoon soda

Method.—Cream butter and sugar together, adding eggs singly (unbeaten). Sift together flour, milk powder, soda, and cream tartar; add to mixture, using water to moisten, adding walnuts last. Bake in moderate oven for 40 minutes. Ice with brown and decorate with halved walnuts.

### **LAYER CAKE**

¾ cup butter	2 eggs
1 cup fine sugar	1½ cups flour
1½ tablespoons "Anchor" Milk Powder	2 teaspoons baking powder
	½ cup water

Method.—Cream butter and sugar; add beaten eggs, beat together till light. Sift together flour, milk powder, and baking powder, and add to other mixture alternately with water. Put in two small layer cake-pans and bake in moderate oven for 15 minutes.

### **ROCK CAKES**

4 tablespoons butter	2 tablespoons baking powder
Small cup sugar	2 tablespoons "Anchor" Milk Powder
1 lb. flour	2 cups cold water
2 eggs	
4 ozs. currants	

Method.—Mix together and bake in the usual way. Be sure and sift the baking powder, flour, and milk powder together before mixing with the other ingredients.





### EGGLESS CAKE

- |                         |                       |
|-------------------------|-----------------------|
| 1 cup water             | 1 cup sugar           |
| 1½ tablespoons "Anchor" | 1 cup butter or beef  |
| Milk Powder             | dripping              |
| 4 cups flour            | 1 teaspoon carb. soda |
| 1 lb. fruit             | 2 tablespoons vinegar |
| ¼ lb. peel              |                       |

Method.—Cream butter and sugar; add water in which soda is dissolved; add vinegar, fruit peel, and lastly the flour, well sifted, with milk powder, and bake 1½ hours.

### TEA CAKE

- |                           |                        |
|---------------------------|------------------------|
| 2 cups flour              | 1 cup water            |
| 2 teaspoons baking powder | 1 tablespoon "Anchor"  |
| 1 teaspoon salt           | Milk Powder            |
| 2 tablespoons sugar       | 3 tablespoons dripping |
| 2 eggs (well beaten)      | (shortening)           |

Method.—Sift together the flour, milk powder, baking powder, salt, and sugar. Add the well beaten eggs and water slowly to mixture. Add the dripping and mix well. Bake in a greased cake tin in a quick oven. Serve hot.

### "ANCHOR" ICING AND FILLING

- |                      |                        |
|----------------------|------------------------|
| 1 cup icing sugar    | 3 tablespoons ordinary |
| 5 teaspoons "Anchor" | sugar made into a      |
| Milk Powder          | thick syrup on stove   |

Method.—While hot, pour syrup into basin containing the icing sugar and dry milk powder. Add piece of butter the size of a walnut and a little citric acid. Stir to thickness of ordinary icing. May be coloured and flavoured to any use and does not harden.



# Sundries



## PANCAKE BATTER

- |                   |                           |
|-------------------|---------------------------|
| 1 large cup water | 1½ dessertspoons "Anchor" |
| 1 cup flour       | Milk Powder (dry, in      |
| 2 eggs            | flour)                    |

Method.—Mix into a smooth paste, eggs well beaten; cook in plenty of fat till brown.

## "ANCHOR" MOCK CREAM

- |                         |                                |
|-------------------------|--------------------------------|
| 1½ pints water          | 6 tablespoons "Anchor"         |
| $\frac{3}{4}$ lb. sugar | Milk Powder                    |
| 5 ozs. cornflour        | $\frac{3}{4}$ lb. castor sugar |
| 1 lb. butter            | 1 teaspoon vanilla essence     |

Method.—Boil the water and the first  $\frac{3}{4}$  lb. sugar together for about four or five minutes, so that the sugar will be near the soft ball stage, when it will be easy to beat up and will retain its lightness. Stir in the 5 ozs. cornflour (mixed smooth with water), and as soon as it begins to thicken stir in the "Anchor" Milk Powder (which has been previously mixed into a paste). Stir thoroughly until all are incorporated, and the mixture has the appearance of blanc mange. Put aside to cool. When cool, remove the skin and work with the hand so that any lumps are broken down. Next cream the butter and castor sugar together thoroughly and gradually add the blanc mange. If thoroughly cool the mixture will rise like whipped cream. Lastly add the vanilla essence.

This cream will keep and improve for several days, and when carefully prepared is very difficult to distinguish from whipped cream.

## FRENCH CREAM FILLING

- |                        |                            |
|------------------------|----------------------------|
| 2 cups of water        | 1 tablespoon butter        |
| 4 tablespoons "Anchor" | $\frac{1}{2}$ cupful sugar |
| Milk Powder            | Vanilla essence            |
| 2 eggs (beaten)        |                            |

To make the Milk.—Mix the water and the Milk Powder according to directions given (see page 5).

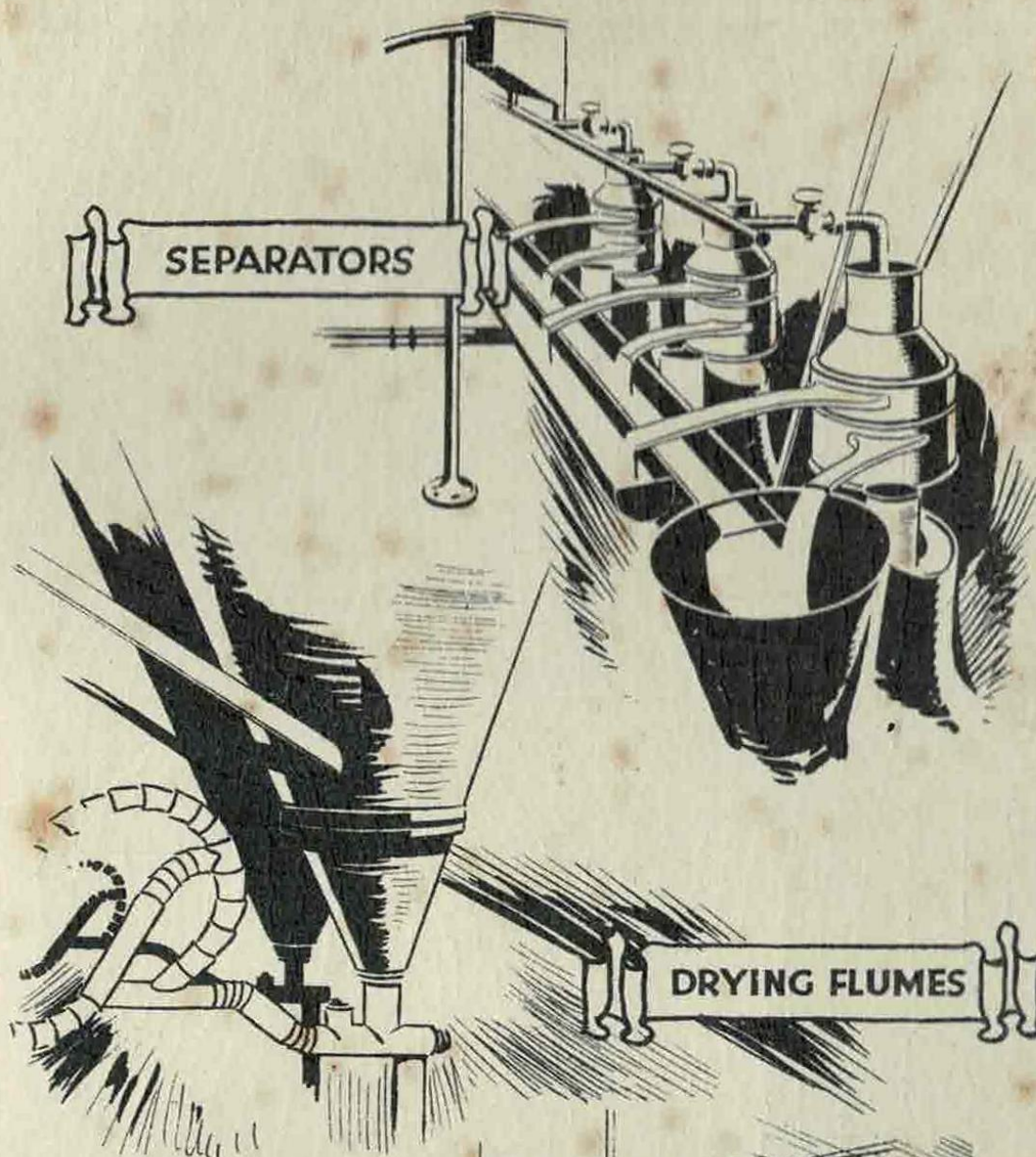
Method.—Beat up the eggs, mix the cornflour smooth in some of the milk, add all the ingredients except the flavouring. Now add the flavouring, spread between the layers of the cake while both filling and the cake are hot.

## CAFE AU LAIT

For each breakfast cup of coffee put into a saucepan 2 dessertspoons "Anchor" Milk Powder. Mix to a paste with some of the water, then add the rest of the cupful. Add 2 teaspoons coffee, bring slowly to the boil, but do not boil more than one minute. Let settle and strain.

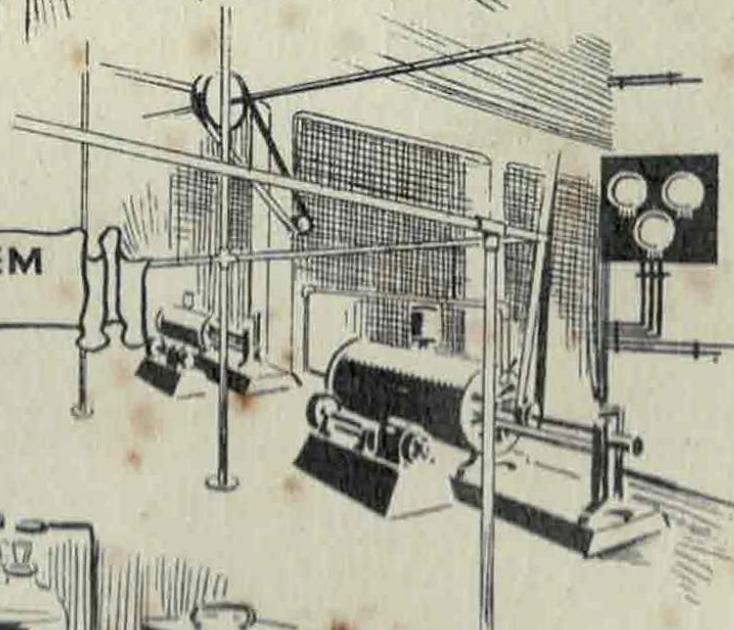


SEPARATORS



DRYING FLUMES

HEATING SYSTEM AND PUMPS



LABORATORY SUPERVISION





